

# Corn Bread (FDD)

**Makes:** 12 Servings

This moist cornbread is likely to become your favorite!  
 Enjoy it as a side dish with your meals.

## Ingredients

- nonstick cooking spray
- 1 1/4 cups** flour
- 1 cup** cornmeal
- 1/3 cup** sugar
- 3 teaspoons** baking powder
- 1/4 teaspoon** salt
- 1** egg
- 1 cup** low-fat milk
- 1 can** low-sodium corn, about 15 ounces (drained)

## Directions

1. Preheat oven to 400 degrees F. Coat a 9x9-inch baking dish with nonstick cooking spray.
2. In a large bowl, combine flour, cornmeal, sugar, baking powder, salt, egg, vegetable oil, milk, and corn and mix well. Pour into baking dish.
3. Bake 20 to 25 minutes or until top is browned and a toothpick or fork inserted into the center of the pan comes out clean.

**Source:** Recipe adapted from Food.com

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>190</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	20 mg
<b>Sodium</b>	<b>184 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	1 g
Total Sugars	7 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	98 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

